

Avocado Hummus

Servings: 8 cups | Prep/cook time: 15 minutes

Ingredients:

- 1 can garbanzo beans, rinsed and drained
- 1 avocado, peeled and pitted
- ½ cup fresh parsley
- ½ cup olive oil
- ¼ cup grated Romano cheese
- ¼ cup fresh cilantro
- ¼ cup lime juice
- 1 garlic clove
- ½ tsp. sugar
- Salt and pepper



Directions:

1. Add all ingredients to food processor; process 2-3 minutes or until smooth.
Salt and pepper to taste.
2. Serve with raw vegetables.

